



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# UMGENI NEWS

## JUNE .

Specialized Psychiatric Hospital

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## Umgeni Hospital:

### CARES

For Mental Health Care User's & staff

### BELONG

The staff & Mental Health Care User's belongs to the family at Umgeni Hospital

### SERVE

The staff serves the MHCU'S with dignity & respect



**COPESVILLE OUTREACH**



**Excitement**



**Dignitaries**



**Educational entertainment**



**Love of sport**

## Copsville Outreach Programme

Umgungundlovu District has continuously put an effort towards offering

Umgundlovu District citizens an access to a package of comprehensive health services at Copesville Location.

Umgungundlovu District being one of the National Health Insurance Pilot District continued to bring the services to the public. Umgeni hospital being a psychiatric Hospital was given an opportunity to work jointly with Rotary Club representatives and Midlands Medical Centre on 09 May 2013—11 May 2013 to improve the lives of the community of Copesville. Copesville community hall was used as the venue to deliver the services, that was useful to the community instead of them going to the clinics, paying taxi fares.

The services that were offered on that day were: checking vital signs, immunization, physiotherapy, occupational therapy, health education, social work and family planning and those patients that needed advanced care were transferred to the clinic.

Umgeni Hospital and Midlands Medical Centre are rendering different day to day services even though their main target group are the patients but during the outreach these hospitals worked in unity to improve the lives of Copesville Community.

On the 10 May 2013 and 11 May 2013 the turnover was poor due to the weather condition but the staff from the different hospitals and Rotary Club were committed to their call of duty i.e. bringing services to the people as it is stipulated in the Constitution of South Africa .



Rotary Club Members with representatives from the Department of Health



Copsville Outreach Programme Pictures



Nurses from Midlands Medical Centre with the Public Relations Officer



W. E. Ross checking B.P of a patient



Umgeni Hospital Team that worked hard to put patients first !!!!

## SPORTS GALA 2013

On the 24 July 2013 all psychiatric hospitals in the Province of Kwa-Zulu Natal namely: Umgeni, Town Hill, Fort Napier, Ekuhlegeni and Madadeni. These hospitals were gathered to a special sport event in Howick Municipality Grounds. This event is done annually so that the Mental Health Care User's (MHCU's) can showcase their talents.

The event was organized by the representatives from all the psychiatric hospitals named above. They jointly realized the importance of organizing this kind of an annual event. The event is for the MHCU's to jointly celebrate and share their common activities. The representatives with the support from the management of respective psychiatric hospitals did not consider that mental retardation often have combination of health problems which can lead to physical inactivity.

Research has been made that sport works and can improve the inclusion and well being of persons with disabilities in two ways: changing what communities think and feel about persons with disabilities and by changing what MHCU's think and feel about themselves which lowers their self esteem. The organizing team knew that for MHCU's to participate on such games will also decrease the stigma attached to MHCU's by the society.

The level of capability for MHCU's differs i.e. there are those that are low functioning and those that are high functioning. To be fair enough to participants (MHCU's), the team (organisers from all institutions) had to consider their level of functionality and the genders were not combined.

The event started with the opening instrumental songs by SAPS choir from Durban. Their music was fantastic and also made the MHCU's from Umgeni Hospital who are band members to be willing to have the same instruments for their band.

There are those that are low functioning and others are high functioning

"Can we have the same keyboard and drums for our band" those were the words from one of the MHCU's from Umgeni Hospital Instrumental Band to Ayanda Biyase who is the Public Relations Officer who helps them to arrange outings.

Then after music item Lieutenant Jack Haskins from K9 in Pietermaritzburg demonstrated their work using dogs which are also members of K9 unit. The team role played using the dogs to sniff the drugs being instructed by Lieutenant Jack Haskins. Even though it was an educational activity for MHCU's, they were strongly warned not to enter the ground as they were demarcated for their safety and the staff were instructed to supervise MHCU's to avoid incidents. The dogs showed how brilliant they are trained in sniffing and also to attack as per instruction.

The last educational entertainment was for the Municipality (fire department). They showed the crowd what they do in case of emergencies i.e. when there is fire. The rescue team showed their capabilities and the hard work in times of difficulties.

After all that educational entertainment, the day continued with sport activities. Races: 100m, 100m relay, 100m basket race, 100m geriatric, treading the bead, potato race and tug of war. Tug of war was for MHCU's with staff..

In all the games there is always a winner, so for **SPORTS GALA 2013** Umzimkhulu Hospital were the champions.

The companies that greatly supported or made the day to be a special one for MHCU's were Public Servants Association (PSA), Old Mutual (PMB), Howick & Midlands Chamber of Commerce and Industry, donations from the staff of Umgeni Hospital, and Howick Meat Centre. **END RESULT FOR THE EVENT:**

Isolation of MHCU was reduced as the event was held in the community sports field, some of the assumptions about people with disabilities and tendency to see disability on them was greatly reduced on that day.

# PICTURES FOR THE SPORTS GALA:2013



Umzimkhulu  
Hospital will be  
the hosts for  
SPORTS GALA:  
2014







# PICTURES FOR THE SPORTS GALA: 2013



# PICTURES FOR THE SPORTS GALA:2013



MHCU as a commentator for soccer game





Allied Professionals and Operational Manager for Ward 2 (Childrens Ward)



## INTERNATIONAL CHILDREN'S DAY

The Social Work Department together with other Allied Professionals jointly organized a special day for the kids at Umgeni Hospital. According to the Health Calendar June is a special month for our loved ones (kids). The day was celebrated on 25 June 2013, it was also special to the kids at this institution regardless of their challenges i.e. physical and mental imbalance.

The Allied Professionals visited the children's wards (Ward 8 and Ward 2) to give kids special gifts and identified a spot that will be used as Kidz Corner. The purpose of having Kidz Corner was to educate the nurses and visitors about the rights of children.

## EVERY CHILD HAS A RIGHT TO:

1. A name and nationality from birth
2. Parent care
3. Basic nutrition , shelter and social services
4. Protection from maltreatment, neglect or abuse
5. To be protected from exploitative labour practices
6. Not to be detained expect as a measure of last resort randomly for the shortest possible time.



Allied Professionals handing packets of snacks to MHCU's





# CHILD PROTECTION WEEK

Child Protection Week is an opportunity for us to rededicate ourselves to ensuring that children are able to exercise their constitutional rights and enjoy full dignity of freedom. Child Protection Week is celebrated every year; the theme for 2013 is **"Working Together to Protect Children"**.

The key objectives of the 2013 Child Protection Awareness Campaign were:

- To advocate for children's rights, educate and mobilize families and communities about their responsibility towards the protection and care of children.
- To reduce incidents of Child Abuse, Neglect and Exploitation
- To inform and educate the public about the needs of children.

Everyone was encouraged to wear a green ribbon during Child Protection Week. The Green ribbon demonstrates your commitment and support to protecting the rights of children.

It was adopted by the National Child Protection Committee in 2004 and means:

- To protect a child.
- The green refers to life and growth.
- It shows that you care and support



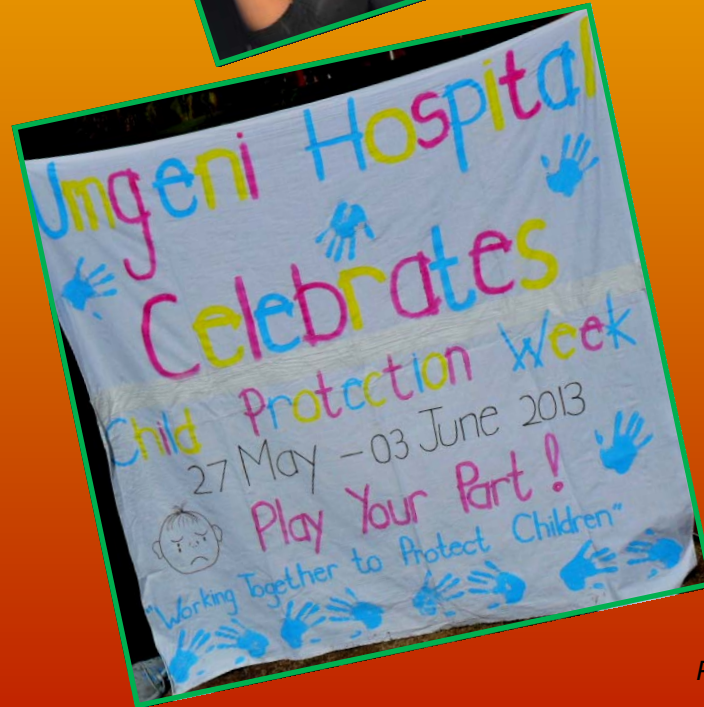
## **Statistics**

Between 2010 and 2011, twenty five thousand ,eight hundred and sixty two cases of sexual offences against children were reported to police. This number could be definitely greater if we include unreported cases.

**CHILD PROTECTION IS EVERYONE'S RESPONSIBILITY.**

*Pictures in the next page*

# CHILD PROTECTION WEEK







**“REAL MAN  
DON'T  
ABUSE  
CHILDREN”**



# HARITAGE DAY

## Prepare

them to be responsible citizens

“St

Anne’s Diocesan College is an independent girls boarding school situated in Hilton in KwaZulu - Natal. Hilton is adjacent to the capital of KwaZulu-Natal i.e. Pietermaritzburg”.

St Anne's College has been having a long term relationship with Umgeni Hospital. They have chosen Umgeni Hospital to do their Social Responsibility Programme. They visit Umgeni Hospital every week to interact with Mental Health Care User’s i(MHCU's) in one of the Therapy areas called 1:1 . They assist them to play

puzzles , do drawings, coloring, singing songs and read them stories.

This kind of a Social Responsibility Programme provides an opportunity for each girl to understand in a meaningful way her responsibility to society and participate in partnership with those that are less privileged like people with disabilities/ challenges.

For this year they decided to **GO GREEN** (planting trees) at this institution during the heritage month.

The aim of planting the trees was to motivate the students to be responsible environmental citizens. This initiative is to educate them about the importance of fighting global warming at their little corner.

“Our girls must not graduate from St Anne’s and continue to contribute to this deterioration of our environment. We need to prepare them to be responsible citizens”

St Anne’s College is continuing to fight global warming to their capability, it is also believed that it is a race , which requires them (St Anne’s Diocesan College) to equip their girls so that they can be environmental winners’.







## ABET

S.P. Shezi (umfundi)  
ethokozile emcimbini



Abafundi baka ABET (2013) kunye nobafundisayo ngemuva ngowokuqala kwisandla sokudla

Abanye abekho esithombeni

Umnyango wezeMfundo kwisifundazwe sakwa Zulu Natal wahlela umcimbi wokugubha usuku labafundi abadala. Umcimbi wawusezinkundleni zase Stanger Esundumbili. Abafundi abadala besibhedlela saseMgeni nabo babe mdibimunye kulomcimbi wonyaka. Lo mcimbi utshengisa ngokusobala ukuthi uHulumeni unentshisekelo nokugquguzela abafundi abadala nabasebenzayo, ukuthi abathi besebenza babe befunda ukuze kuvaleke isikhala sokungafundi kulabo abangatholanga ithuba lokuya esikoleni.

Isibhedlela sase Umgeni naso siyelekelela ekutheni kwehle izinga lokungazi nokungafundi emphakathini ngokuthi sivumele abasebenzi ukuba babambe iqhaza ekufundeni, babanika kanye nezikhungo zokufundela. Yize noma kuthathe kube likhuni ukuba umfundi osemdala kodwa sibashayela ihlombe laba bafundi abafundayo kulo nyaka ka 2013, (ABET Level 4) A.M. Mchunu, M.E. Mshengu, L.P. Grobler, T.N. Mofokeng kunye no B.I. Xhakaza.

(ABET Level 3) R.S. Mbele, S.S. Mbense, S.P. Shezi, bese kuba no N.C. Nkomo owenza ibanga lesibili (ABET Level 2) .

Sinishayela ihlombe ngokuthi nibe nogqozi lokuba nifeze izinjongo zenu. Bekungeyona into elula ukuba ngumfundi ube uneminye imisebenzi oyenzayo emndenini nase miphakathini yenu. Ukuzimisela kwenu ekufezeni izinjongo zenu kuzonigcina nigqugquzelekile. Sithanda ukubonga kakhulu kobafundisayo Ms. C.K. Ntuli ngesineke nangothando lomsebenzi wakhe.

## SPORT NEWS

### SAPS (DBN RAILWAY) & SAPS (HOWICK)

**S**ports has a power to unite people in a way that little else can do. It can create hope where once there was only despair. It breaks down racial barriers. It laughs in the face of discrimination. Sports speaks to the people in a language that they all can understand. “ by Nelson Mandela

Umgeni Hospital organized friendly netball and soccer games with SAPS from Howick and SAPS Durban Railway on 17 June 2013. The purpose of organizing these games was to be united through sport and focus on our commonalities which is the love of sports. Each team wanted to win the games as they were representing their institutions. The barrier of working in different spheres of life was not something that was considered on that day.



SAPS Howick Netball Team



SAPS Railway Soccer Team

#### The outcome for the games

- There was a good friendship which was initiated by the social gathering.
- The commitment of players with the focus of making their teams win.
- Areas that needed improvement were identified by each team.
- Sense of belonging by non-players was showed by cheering their teams especially for Umgeni Hospital since they were the hosts.

SAPS Howick Soccer Team







Howick Municipality  
Netball Team



Umgeni Hospital  
Netball Team

## SPORTS NEWS

### Howick Municipality vs Umgeni Hospital

**U**mgeni Hospital continued to organize games and they were on the 08 August 2013. The games were for netball only, to commemorate women's month. The weather on that day was extremely cold but that did not discourage the teams.

Various departments were competing preparing for the main game: Howick Municipality vs Umgeni Hospital which everyone was looking forward to it.

Spectators from both teams sang songs of encouragement to their teams. One of the songs that were sung by Umgeni

Hospital spectators "wawuyaphi ungajimanga" meaning "why are you playing if you are not feat ?????".

Such songs did not intimidate Howick Municipality Team because they were also supported by their colleagues who also kept them motivated.

Umgeni Hospital had an advantage of a home ground but the visitors were focused and physically balanced so that made them to play with confidence.

The game was not a child's play as both teams were showing commitment and enthusiasm towards winning the games.

Unfortunately in every game there should be a winner but the game ended with a draw.